



Between the Sheets

OCTOBER 2011



2010
WCC
Champs

Team:
Martin

Upcoming Events

- Oct 6-11th
Westcoast Curling Classic
- Oct 23rd
Family Night
- Oct 31- Nov 2
Senior Men's Daytime
Bonspiel.

The Roster Book is soon going to print. Be sure to report and information changes to the office.

If you don't want your information included be sure to let the office staff know before Nov 15th, 2011

STAFF:

Lesley Hruby, Manager
Samantha Balfour, Office Admin.
Jani Jones, Office & Pro Shop Asst.
Amanda Tipper, Pro Shop Asst.
Norm Scott, Head Ice Tech
Blake Duncan, Asst Head Ice Tech
Kane ?, Ice Tech
Emily Miller, Ice Tech

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ALWAYS A GREAT SHOW...

A standing ovation to the Westcoast Classic Committee for organizing and running the 12th Annual WCC Event at RCCC.

This dedicated group of volunteers spent tireless hours pulling together another entertaining Thanksgiving weekend for curling fans across the lower mainland.

This year we saw a great field of teams from BC, Alberta, Saskatchewan, Manitoba, USA, Chinese Taipei, Japan, Finland, and Russia all compete for a \$64,000 purse.

The cost to the viewer = \$25 for a weekend pass! Where else can you go to see great teams play for such little cost! For those who missed it, keep your calendar open for next year's event.

WCC Committee Heads:

Nancy Stagg	Chair
Cynthia Parton	Co-Chair
Brent Pierce	Player Relations
Brad Doherty	Finance
Irwin Lee	Website
Steve Wright	Hospitality
Laura Murphy	Marketing
Gerald Keyes	Transportation
Craig Lightbody	Promotions
Randy Balfour	Fundraising

Next time you see one of these people give them a pat on the back

The co-ordination of this event starts every November with the selection of the next WCC Committee. If you would like to get more involved just contact the RCCC Office.

Extra Special Thanks to all you RCCC Curlers who volunteered their time to help in some capacity at the event.

DOGWOOD/HYACK BONSPIEL

This is one of our biggest bonspiels of the year. We run the Men's Dogwood Bonspiel alongside our Ladies Hyack 'spiel Which makes for a great party! **\$260.00 /team**

Event sign-up book is either in the Bar or in the Office....
Can't find it...just ask us!

**SPECIAL THANKS TO OUR
VOLUNTEERS THIS PAST MONTH.....**

GRIFFYN VALENTE
Jr. Summer volunteer

MARTIN SAM
Coaching New Curlers

LEN CHONG,
ROGER CHAN
CINDY WENZEK
CRAIG MATTHEWS
EMILY MILLER
TEAM PLONKA
CURT BOGREN
STEVE KOPF

Helping out our Juniors

CRAIG LIGHTBODY
MAURICE FORD
Daytime Bartenders

**Helping out, lending a hand,
Someone who will understand,
A person who will always be there,
Without a doubt someone who
cares, A Volunteer.**

We are always in need of volunteers to help out around the club. Check the 'VOLUNTEER BOARD' to see how you can make a difference. It really can be very rewarding.

FAMILY NIGHTS ARE BACK

Due to great demand last season we are making FAMILY NIGHTS a monthly affair.

**This is a great chance to do something active with the kids.
All you need are clean runners!**

Family of 4 = \$70 HST included
(2 Children (aged 10 up & 2 Adults)

3-3:30pm Learn the game/Practice
Never curled before: No problem – We will instruct you.
We can make it easy by supplying crutches & sticks if needed.

3:30-5pm Play against another family
Challenge your neighbours, relatives or family friends to an afternoon of friendly competition!

5pm -6:30 Enjoy a home cooked meal for all in our lounge
Dinner for 4 is included in the price! No cooking for mom tonight!

Be sure to sign up early as the spots sell out quickly.

Next one:

Sunday October 23rd, 2011



COACHES CURLING CORNER:

Balance - The Foundation of a Good Delivery

The term "balance" in the curling delivery means the body is balanced over the sliding foot. Your athletic ability will dictate to some degree the level of balance that can be achieved. No matter what your ability, though, balance is still a key component. Some people can balance perfectly on their sliding foot with no pressure on the rock or broom. This is preferred but is not necessary for most curlers to enjoy the game. For most of us, balance simply means not favoring either side (rock side or broom side) during the delivery. A little pressure here and there on the rock or sliding device is not a problem. Balance allows the body to slide more upright. The more the body is upright, the straighter the slide becomes. A straight slide will produce a straight "line of delivery".

Balance (the body directly over the sliding foot)

BOARD OF DIRECTORS

PRESIDENT Doug McKinnon
VICE PRESIDENT Pauline Jackson
TREASURER Irwin Lee

BONSPIELS /EVENTS Doug Duffin
ICE & HOUSE Pat Johnstone
FOOD & BAR Pauline Jackson
MEMBERS LEAGUES Nicole Montgomery
COMMERCIAL
& JUNIOR LEAGUES Michelle Spannier
MARKETING & PROMO Laura Murphy
CURL BC DELEGATES Tammy Dunn

